



# I Am... We Are...

**\*LESSON\***

## LEARNING & DEVELOPMENT OUTCOME

Participants will explore who they are as individuals as well as come up with traits that describe the whole group.

## MATERIALS

Paper, writing utensils, poster paper, markers

## AGE ADJUSTMENTS

This lesson is appropriate for all audiences.

## Lesson Plan

### Introducing the Lesson

- Ask participants for one volunteer to answer a "simple" question.
- Ask the volunteer "Who are you?" This is a difficult question to answer! Once they finish, ask them what it was like to answer that question.
- Ask the whole group what they noticed about the answer. Which traits or characteristics did the volunteer talk about?
- Explain that individual identity is so complex, and that today's lesson will be about exploring the differing things that "you are."

### Experiencing the Lesson

- Hand out a piece of blank paper and a writing utensil to each participant.
- Have them fold their paper in half "hot dog style."
- On the top of the left hand side, have them write "I am..."
- Give everyone ten minutes to list as many endings to that sentence as they can. See examples in box to the right -->

### Closing the Lesson

- Ask participants to find a partner once everyone has finished writing out their lists.
- Have each partner share their lists with one another.
- Bring the group back together and debrief the experience.
  - What was it like to write down all these statements? Did you find it easy? Difficult? Why?
  - Out of all the qualities you listed, which one is your favorite about yourself?
  - Now how would you answer the question "Who are you?" If I asked you?



What are some examples of "I am..." statements.

"I am..."

- A hard worker
- Someone's child
- A sibling
- A good listener
- Great at school
- A good friend"



## Further Exploration



- In the first part of the lesson, participants folded their papers in half and only used one side. On the other side of the paper, ask them to write "We are..."
- Have them repeat the same process but now with a focus on qualities of the group instead of themselves.
- Participants should list out as many statements as possible on their own first.
- Then, bring the group back together and have them stand in a circle (They should bring their papers with them!).
- Go around the circle and have each participant share out one statement. The facilitator should record these as you go on a big poster paper. Ask a participant to help you write so it is not too overwhelming to write everything down yourself.
- Keep going around the circle until all ideas are shared.
- Review all of the statements that were shared. This poster can be hung around the room in a visible space so that participants can see all of the qualities of their group.

## Get Creative

- The "who are you?" Question is a hard one to answer verbally. But what about visually?
- Hand out a piece of blank paper and drawing utensils to each participant.
- Give them 15 minutes to creatively and visually answer the question "who are you?" If you would like, you can implement the rule of no written words are allowed. This will be an added challenge.

## Online

- This lesson translates nicely Online, you can continue as directed except that participants will need to get their own paper and writing utensils or type it up on a computer.
- Use breakout rooms for any partner sharing.

